

E. 1. vitamins; 2. fats; 3. citrus; 4. 70%

F. 1. Proteins are body-building food. They protect and help the body to fight against infections and regulate body functions.

2. Some portion of the food we eat cannot be digested called roughage.

3. Food can be classified as :

- (a) Energy-giving food – carbohydrates and fats
- (b) Body-building food – proteins
- (c) Protective food – minerals and vitamins.

G. 1. Water plays a vital role in the body system.

- (a) Water helps to digest the complex food molecules.
- (b) It transport food, wastes, chemical and gases throughout the body.
- (c) The body is cooled by evaporation of sweat from skin.

2. The Mid-day Meal scheme has been launched by Government of India. Under this scheme, school going children are provided free nutritious foods in their schools. Two main motives of this scheme are :

- (i) To promote education in rural India.
- (ii) To prevent malnutrition in children.

3. A diet containing all the nutrient in their proper quantities is known as the balance diet. However a balanced diet is not the same for everyone. It depends on age, sex and type of work that one does.

- | | | |
|--------------|-------------------|---|
| 4. Vitamin A | - Night blindness | - Poor vision and loss vision in darkness (night) |
| Vitamin B | - Beri-beri | - Loss of appetite and weight |
| Vitamin C | - Scurvy | - Spongy and bleeding gums, loose teeth |
| Vitamin D | - Rickets | - Bones become soft, deformed bent |

Science
class-6

3

Chapter

Material of Daily Use

A. Do yourself.

B. 1. (a); 2. (d); 3. (c); 4. (a)

C. 1. (f); 2. (c); 3. (d); 4. (e); 5. (a); 6. (b)

D. 1. Retting; 2. Coir; 3. Spinning; 4. China

E. 1. rainy; 2. cloths; 3. cotton, jute; 4. weaving

F. 1. There are two kinds of fibres – natural and synthetic.

2. The process of separating fibres from jute plant (stem) is called retting.

4
Science-6

3. It is the process of changing fibre into yarn. Spinning draws out the short fibres from the cotton wool and twists them together into a long, continuous thread called yarn.

4. (i) Manufacturing of cotton textiles and undergarments.

(ii) Cleaned cotton is used as absorbent in hospitals.

(iii) Cotton is used as raw-material for manufacture of rayon and paper industry.

G. 1. (i) Weaving : It is the process to convert yarn into cloth. The process of arranging two sets of yarn together to make a fabric is called weaving.

(ii) Ginning : The cotton fibres are separated from their seeds by the process called ginning. It was traditionally done by hands using steel combs. Now-a-days a machine called 'roller gin' is used for ginning.

2. About 30,000 years ago, people started using skin of animals for clothing. After the discovery of needles, skins of animals were used to make fitted clothes. It is believed that wool was the first animal fibre to be made into cloth about 6000 years ago.

3. (i) It is used to make cloth for wrapping bales of raw cotton.

(ii) The fibres of jute are also woven into curtains, chair coverings, carpets, bags, etc.

(iii) It is also used for making ropes etc.

(iv) It is also used for jute fabrics.

4

Chapter

Science
class-6

Grouping of Materials

A. Do yourself.

B. 1. (d); 2. (a); 3. (d); 4. (c)

C. 1. iron ball; 2. chalk; 3. stone; 4. glass

D. 1. False; 2. True; 3. True; 4. True; 5. False

E. 1. (c); 2. (e); 3. (a); 4. (b); 5. (d)

F. 1. Lustre : The materials which have a special shine on them are said to be lustrous and the special shine on them is called lustre, some examples are gold, silver, copper, aluminium etc.

2. Water is the most precious substance. Certain substances dissolve completely in water. This property is called solubility.

3. When we can see easily through some materials, then the materials are said to be transparent and this property is called transparency for example : glass.

4. Woollen clothes keep you warm because the air trapped in fibres slows and close the flow of heat from our body to the cold surroundings.

G. 1. Placing or sorting similar things together is called grouping. grouping makes it easier for us to find things when we need them. if things are not grouped, then it is difficult to find desired things.

5
Science-6